



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DON'T JUST DREAM IT, GO GET IT

****SPACE IS LIMITED****

This program is designed specifically for athletes who are looking to improve their overall athletic ability. The program gives them the training needed to reach their athletic peak. It will focus on improving strength, speed, agility, endurance, and more.

The program will be instructed by former collegiate coaches & collegiate All-American athletes. The main instruction of the program will be given by the following coaches:

Y ELITE TRAINING PROGRAM

Quinn Barfield-LEAD TRAINER

- Former US Marine 2000 - 2008
- JUCO All- American basketball 2004
- 15 Years training experience
- ISSA Training, Nutrition, and Group Fitness certified
- Former Arena football player.

Registration: March 15 - June 15

Session 1: June 5 - 30, 2023

Session 2: July 5 - 28, 2023

Jr Division (8 - 10 years)

Tuesdays & Thursdays

Speed & Agility

8:00 am - 9:30 am

Cost per session

\$50.00 Members | \$65.00 Non-Members

Elite Division (11 - 18 years)

Monday, Wednesday & Friday

Speed & Agility/Strength

8:00 am - 10:00 am

Cost per session

\$60.00 Members | \$75.00 Non-Members

Camp begins the week of June 5. Participants may participate in more than one session. The Y will not provide water.

You can register online or in person at the Y.

Y Elite Program 2023 Registration Form

Participant Information:

First and Last Name: _____ DOB: _____
Age: _____ Grade: _____ Gender: F or M School: _____
Mailing Address: _____ City: _____ State: _____ Zip Code: _____
Approximate Weight: _____
Additional Information we may need to know (conditions, allergies, injuries): _____

Primary Contact Information:

First and Last Name: _____ Relationship: _____
Cell Phone Number: _____ Cell Phone Carrier: _____
Primary Contact Email: _____

****Communication done through email to the primary contact, please write legibly.****

Emergency Contact:

First and Last Name: _____
Cell Phone Number: _____ Relationship: _____

T-Shirt Size: YS YM YL AS AM AL AXL
(circle one)

Program Information (Please select all that apply)

Session: Session 1: June _____ Session 2: July _____
8 - 10 years | Junior Elite | 8:00 am - 9:30 am | TR _____
11 - 18 years | Elite | 8:00 am - 10:00 am | MWF _____

YMCA MISSION: The mission of the San Angelo YMCA is to serve the people on the community of all faiths and ages, with emphasis on families and youth, to permit them to achieve their God-given potential in mind, body, and spirit, through its programs, staff, facilities and the community.

WAIVER: I hereby, for myself and my agents, waive and release any and all rights and claims which may accrue against the YMCA of San Angelo, and its respective officers, agent, sponsors, or any employees for any injury which may be suffered in connection with my child's participation in the program. I hereby acknowledge that the program provides no insurance coverage and my own insurance will be used in the case of an accident. By signing below, I am also giving permission for my child's picture/video or likeness to be used for promotional purposes of the YMCA of San Angelo.

REFUNDS: Full refunds will be issued only upon cancellation of the program. Should a refund be requested prior to the first meeting a \$10.00 fee will be assessed.

Parent's Signature : _____ **Date:** _____

Parent's Name Printed: _____